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Bangalore Mirror

TEMP Max 29 | Min 17 | Humidity 24% Clear with periodic clouds Sensex 83,277 | Nifty 25,682 | Gold 1,54,661 | Silver 2,38,500 | Dollar 90.01 | Euro 107.65 | GBP 123.78

HIT THE ROAD RUNNING

Peripheral Ring Road Phase 1 project gains momentum, with Bangalore Development Authority stepping up land acquisition, compensation measures

PAGE 4

SUPER 8 CALLING

England beat Italy by 24 runs, qualify for Super Eights; Afghanistan beat UAE to keep hope afloat; Sri Lanka gain upper hand over Australia

PAGE 7

After study finds concentration of PM2.5 to be 60% higher at 100 mt altitude than at ground level, researchers say those living in high-rise buildings may face risk of being caught inside atmospheric inversion layer, subjecting them to high pollution levels

UP IN THE AIR

Elevated pollution layers also dependent on prevailing meteorological conditions

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Bengaluru's skyline is slowly filling with high rises, and those living in these sky-scrapers at high altitude say towering above the city's bustle has various advantages such as sweeping views, natural light, and mosquito-free, better air circulation.

However, a study conducted by a group of researchers in Delhi shows that a lifestyle defined by panoramic views may come with health hazards.

Researchers deployed drones with low-cost sensors to understand vertical changes in air pollutant levels in Delhi during different times of the day. Results showed that the concentration of particulate matter (PM) 2.5 was 60 percent higher at an altitude of 100 mt than at ground level.

The study conducted on the IIT Delhi campus in March 2021 showed that while the concentration of PM 2.5 was approximately 100µg/m³ at the surface level, it reached nearly 160µg/m³ at 100 mt height. Moreover, a sharp inversion layer also led to a sudden increase in PM2.5 levels even within a 20-mt vertical span.

Experts say this surge in concentration at higher elevation is due to the temperature inversion layer, a layer of warm air that sits over the layer of cold air near the ground, and traps air pollutants such as PM 2.5, preventing vertical mixing of atmospheric air.

High humidity and low temperature conditions at higher altitudes further reduced vertical mixing, causing stagnation of air pollutants.

> **"In a city like Bengaluru, dispersion of pollutants becomes slow above 20 mt. A general rule says that the air quality up to a 10 to 11 stories high building is the same as at the surface. However, those living at a height of 30 mt or above are vulnerable to higher air pollution**
>
> — Professor Gufran Beig, National Institute of Advanced Studies

CONTINUED ON PAGE 8 >>

Too much tension

Survey reveals 22% of city respondents fall into very high stress category; overthinking, burnout pain points

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The National Stress Audit, based on 75,000 responses across India's major cities, suggests that stress is no longer an occasional reaction — it has become a persistent lifestyle condition for a large section of urban India. And Bengalureans are in the throes of it with 22% of respondents from the city falling into the "very high stress" category.

The study showed that 89% admit to overthinking; 83% do so frequently; 63% feel life is not going their way. Daily exhaustion is the norm: 53% are burnt out; 52% angry, 52% anxious. The study done by Himalaya also showed that 18–34 year-olds are the most stressed group. Nearly half (45%) of women aged 18–25 years report very high stress.

Dr. Pretty Duggar Gupta, Consultant - Psychiatrist, Aster Whitefield Hospital, pointed out that over the past few years, especially after Covid, there has been a noticeable rise in the number of people seeking help for stress-related concerns. This includes not only patients with anxiety or depression but also individuals experiencing burnout, sleep disturbances, internet addiction and physical symptoms that are clearly stress-driven. "There are several factors contributing to this increase. Life in cities like Bengaluru often involves

CONTINUED ON PAGE 8 >>

THINGS TO DO

01 Craft carnival

An exhibition jointly organised by Grand Flea Market and Indian Artisans Bazaar showcases Indian traditional and modern handicrafts, home décor items, and traditional attire from various states — all under one roof.
Where: Chitrakala Parishath, Seshadripuram;
When: Until March 1

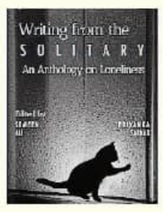
02 Narratives unheard

Atta Galatta is hosting the launch of 'Busy Women' by Shinjini Kumar, an insightful and engaging exploration of contemporary India beyond its metropolitan centres, based on extensive travel across thirty cities and conversations with over 300 women.
Where: Atta Galatta, Indiranagar;
When: February 21, 6.30 pm

03 Journey of imagination

Ranga Shankara returns with its signature intimate storytelling programme, Little Cloud, packed with an enchanting experience of creativity, laughter and imagination. The sessions are held for children aged 4 to 6 every Saturday and Sunday.
Where: Ranga Shankara, JP Nagar;
When: Until March 15, 10 am

04 Creative solitude



Atta Galatta is bringing a session inviting participants to explore how isolation can be transformed into powerful literary expression. The workshop focuses on the nuances of solitude and loneliness as creative catalysts.
Where: Atta Galatta, Indiranagar;
When: February 21, 4 pm

05 Ideas in alliance

Alliance University will host the 2026 edition of the Alliance Literary Festival, ALF, and Alliance ONE, bringing together leading voices from cinema, public life, journalism, law and performance.
Where: Alliance University, Alliance School of Liberal Arts, Anekal;
When: Feb 19 to 21, 9 am to 9.30 pm

Colonial-era landmark finds its way to spotlight

Indian Army and NGO volunteers restore hidden military structure; experts identify site as British Army depot and protection post, believed to have functioned as security checkpoint

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KAUSHIK JN

Military outpost restored by Indian Army and over 120 volunteers from Hands On Foundation

A long-forgotten British-era outpost in Bengaluru has quietly stepped back into the light, offering the city a rare glimpse into a layered colonial past. Tucked away in what is today a rapidly expanding urban landscape, the structure dates back to the period when the region formed an important military node under the British Empire. For decades, the remains of the outpost stood unnoticed, concealed behind thick vegetation and left to weather the passage of time.

It has now been restored by the Indian Army and more than 120 volunteers from Hands On Foundation, an environmental NGO. At present, it is being used by the Army Women's Association and other charitable organisations for meetings and activities.

The recent revival began not with grand announcements, but with clearing work. As shrubs and invasive plants were removed, the contours of the old fortification slowly re-emerged — weathered stone walls, structural outlines, and markers of a once-strategic installation. "We spent three whole days just cleaning. It was physical, dirty, exhausting but slowly, piece by piece, the fort started showing itself again. That's when we realised what this place actually was. An old British era outpost between Bengaluru and Chennai," said Gurunandan Rao, founder of Hands On Foundation, in a social media post that has now garnered much attention.

Military service records available at location date back to around 1839, yet outpost itself is not mentioned in them, leading researchers to believe it predates those records

Experts who examined the site have identified it as a British Army depot and protection post, designed to accommodate roughly 30 to 40 soldiers. The robust design of its gates and entryways suggests the compound may also have housed horses — and possibly even elephants — underscoring its logistical importance. Situated along the historic Bengaluru–Chennai road, then a vital military corridor, the outpost is believed to have functioned as both a security checkpoint and an observation station guarding troop movement.

One of the more striking features within the complex is a small circular enclosure. Based on its architectural design — including minimal openings for sunlight — experts believe it may have been used to detain prisoners. Historians involved in studying the site note that colonial authorities frequently confined Indian freedom fighters in dimly lit spaces, making the structure a silent witness to a turbulent era.

Attempts to locate formal documentation about the building have yielded few results. Military service records available at the location date back to around 1839, yet the outpost itself is not mentioned in them, leading researchers to believe it predates those records. Construction techniques and materials suggest it was likely built in the early 1810s, around the time the British established a garrison in the region following the Treaty of Srirangapatna in 1799, which followed the fall of Tipu Sultan.

"Structures like this are physical reminders that history isn't only made in capitals or grand palaces," said a heritage specialist familiar with colonial sites in South India. "Even modest installations tell us about the daily rhythms of military life, the movement of people and the forces that shaped our cities. Losing them means losing pieces of our own story," she said.

She noted that preserving these outposts helps in understanding not just the architecture of the past, but the lived experiences of those who occupied and resisted these spaces. "It's essential that we protect what remains, so future generations can learn from it," she added.

Though modest in scale, the revived outpost stands as a layered testament to Bengaluru's evolution — from colonial garrison town to modern metropolis — its weathered stones bearing stories long hidden beneath the city's growth.

Arkavathi River faces mounting pollution woes

Once a lifeline for Bengaluru and surrounding villages, the Arkavathi River is today flowing with alarming levels of toxic pollutants, its revival caught in bureaucratic delay. Heavy metals, high mercury content and polycyclic aromatic hydrocarbons have been detected in the river, prompting the National Green Tribunal to issue notice to the state government. Bacterial contamination is also reportedly high. Despite High Court directions over two decades ago to prevent pollution and restore the river, little has moved on the ground. A 16-member expert panel formed in 2025 to study pollution sources has not submitted its report. While the government has cleared preparation of a detailed project report to rejuvenate nearly 80 km of the river stretch under a PPP model, environmentalists warn that unless strict action is taken against polluting industries and lake encroachments are cleared, the Arkavathi's restoration will remain on paper. **–BMB**

BNP's new initiative to tackle civic issues

Bengaluru NavaNirmana Party (BNP) has launched B-Resolve, a wing dedicated to solving civic problems under the motto 'Report Maadi, Resolve Maadona'.

The initiative aims to address civic concerns across the city through a digital dashboard on the BNP website, enabling residents to file complaints and track them in real time. Residents can file complaints on the digital dashboard or ward-level WhatsApp groups, covering issues from potholes and footpaths to drainage and streetlights. Every week, Area Sabha teams review these reports, prioritising them for action via the government's Sahaya app or direct engagement with municipal officials.

The system aims to ensure transparency and empower local assemblies to lead neighborhood governance, fostering citizen ownership in Bengaluru's civic life. **–BMB**

Pre-primary expansion to boost enrolment

In a bid to arrest falling enrolment in government schools, the state government is set to expand pre-primary sections to nearly 10,000 schools in the coming academic year. The move, expected to be announced in the upcoming budget, aims to strengthen the base of public education by introducing LKG and UKG classes across more campuses. Between 2018-19 and 2024-25, as many as 2,619 government schools have already started nursery sections. Last year, the government announced rollout in 5,000 primary schools and issued orders to begin LKG and UKG in 4,056 institutions. With over 41,279 government primary and upper primary schools in the state, the expansion is being seen as a strategic step to draw children back from private schools. Teachers' associations say the initiative will ease the financial burden on parents and improve transition into Class 1. Officials from the School Education Department maintain that groundwork has been initiated and further decisions will follow government directions. **–BMB**

Pioneering Advanced Heart Care in Karnataka

When it comes to complex heart surgeries and advanced life saving cardiac support, Dr. Ashwini Kumar Pasarad is Karnataka's highly distinguished cardiac surgeon in the state. With more than two decades of hands on surgical experience and over 7,500 successful heart surgeries to his credit, he represents the highest standards of cardiothoracic and transplant care in the country.

Dr. Pasarad currently serves as Senior Consultant at Sri Jayadeva Institute of Cardiovascular Sciences & Research and as Chief Cardiothoracic & Transplant Surgeon at Sparsh Hospital – RR Nagar. His contribution to cardiac sciences has not only strengthened institutional excellence but also transformed outcomes for thousands of critically ill patients.

One of his most significant milestones is performing Karnataka's first successful artificial heart implantation using a Left Ventricular Assist Device. By introducing this advanced mechanical circulatory support system in the state, he opened a new chapter in the management of end stage heart failure.

In recognition of his clinical achievements and leadership in cardiac surgery, Dr. Pasarad secured the top position in the Doctors category at the VK BM Health Excellence & Conclave 2025. His approach combines surgical precision with cutting edge medical technology, ensuring that even the most complicated heart conditions are treated with confidence and clarity.

Originally hailing from Haveri district, Dr. Ashwini Kumar Pasarad earned a Gold Medal in MS General Surgery before completing his MCh Super Speciality in Cardiothoracic Surgery from a reputed institution–AIIMS in New Delhi. He further enhanced his expertise through advanced training in complex cardiac procedures at the University of Alberta, Canada and the Cleveland Clinic, USA. His experience includes highly intricate surgeries involving neonates, children, young adults and elderly patients.

Advanced Treatment for Heart Failure

Dr. Pasarad strongly emphasises that a diagnosis of heart attack or heart failure does not signal the end of life. Today, advanced and effective treatment options are available for almost every stage of cardiac disease. He successfully implanted the HeartMate 3, a next generation artificial heart device, for the first time in Karnataka. This Left Ventricular Assist Device offers renewed hope to patients suffering from advanced heart failure who may not immediately have access to heart transplantation.

Through the use of Ventricular Assist Devices and ECMO, or Extracorporeal Membrane Oxygenation, critically ill patients with severe heart and lung failure can be stabilised and supported. These technologies have enabled many patients to return to a near normal lifestyle, something that was once considered impossible.

A Second Chance at Life

In one inspiring case, a patient from Hunagund in Bagalkot district underwent successful implantation of the HeartMate 3 device. Today, he carries the compact controller and battery pack in a small shoulder bag and continues to lead an active and healthy life. Such outcomes reflect the power of advanced cardiac science in capable hands. While heart transplantation remains an established solution for end stage heart failure, donor availability remains limited. In such circumstances, mechanical circulatory support devices provide a reliable and life saving alternative, Dr. Pasarad explains.

A Wake Up Call for Youth

Dr. Ashwini Kumar Pasarad has also expressed concern about the increasing incidence of heart attacks among young adults.

With early career entry, high income expectations and mounting financial commitments such as home loans, car loans, EMIs and credit card liabilities, many youngsters are exposed to sustained stress. Lifestyle habits such as smoking and alcohol consumption further aggravate the risk. By their early thirties, signs of stress induced damage to the heart, blood vessels and lungs are becoming more common.

He advises that prevention begins with simple yet disciplined habits. A stress free lifestyle, regular exercise, adequate hydration and a positive social environment play a crucial role in safeguarding heart health.

Through his surgical expertise, global exposure and patient centred care, Dr. Ashwini Kumar Pasarad continues to redefine advanced cardiac treatment in Karnataka, offering not just medical intervention but genuine hope for a healthier future.

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Dr. Shankar V: Four Decades of Dedicated Diabetes Care

With close to 40 years of professional experience, Dr. Shankar V. is regarded as one of the most senior and popular diabetologists serving the Malleswaram and Seshadripuram areas. Known for his patient centric approach and clinical depth, he has earned the trust of generations of families managing diabetes and related health concerns.

More than just a physician, Dr. Shankar has played a significant role in creating public awareness about diabetes and its long term complications. In recognition of his service and contribution to healthcare, he has been honoured with the Health Excellence Award at the Health Excellence & Conclave.

Originally from Sidlaghatta, Dr. Shankar completed his MBBS in 1985 from the University of Mysore and went on to earn his MD in General Medicine in 1991 from Bangalore University. Over the years, he has been associated with reputed professional bodies such as the Research Society for the Study of Diabetes in India and the Indian Society of Cardiology. His areas of expertise include diabetes management, infectious diseases, hypertension and preventive cardiology. He has served as Senior Consultant, General Physician and Diabetologist at Manipal Hospitals, Malleswaram, and has also been associated with Apollo Hospitals as a Consultant Physician and Diabetologist.

Weight Control Matters

According to Dr. Shankar, obesity significantly worsens health outcomes in people with diabetes. The higher the body weight, the greater the risk of complications affecting the liver, kidneys, vision and heart. He notes that while earlier the incidence of heart attack among diabetic patients was around 13 percent, it has now increased drastically to nearly 88 percent, largely due to sedentary lifestyle and obesity.

He highlights that weight reduction is one of the most effective medicines for diabetes control. Advanced GLP 1 receptor agonist medications such as Wegovy and Ozempic have shown significant benefit. These are administered as once weekly injections under medical supervision and help in gradual weight loss while also improving blood sugar control.

"Unless obesity is addressed, the health condition of diabetic patients continues to deteriorate. That is why weight management must be given priority," he explains.

On the occasion of World Diabetes Day, Dr. Shankar and his team conduct marathons and free health check up camps. After a pause during the Covid period, the awareness walk is being restarted. In the past, similar programmes have been conducted in Chikkaballapur, Kolar, Devanahalli, Hassan and Kunigal. Recipient of several recognitions from local organisations, Dr. Shankar firmly believes that the true measure of success lies in the recovery and improved quality of life of his patients.

Awareness Initiatives

Dr. Shankar has been actively organising diabetes awareness marathons at the Malleswaram Grounds for the past 12 years. He has held several key positions at both central and state level diabetic associations. About a decade ago, along with like minded doctors, he played a crucial role in establishing the Malleswaram Diabetes and Nephro Prevention Trust, widely known as MDNP Trust.

The Trust focuses on creating awareness about diabetes and its possible complications, promoting weight reduction strategies, and educating doctors about modern medicines available in the market for better diabetes management. Every December, the Trust organises a scientific conference in Bengaluru to support and update medical professionals.

Personalised Diabetes Management

Dr. Shankar emphasises that both Type 1 and Type 2 diabetes can be effectively controlled with the right approach. He designs individualised treatment plans based on each patient's lifestyle, dietary habits and genetic background. Along with oral medications and insulin injections where required, he stresses the importance of regular exercise and a fibre rich diet to maintain optimal blood sugar levels.

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Compensation packages fast track Peripheral Ring Road project

Negotiated settlements secure 100 acres, bringing B'luru closer to completing strategic expressway linking Tumakuru and Hosur Road corridors, improving regional connectivity

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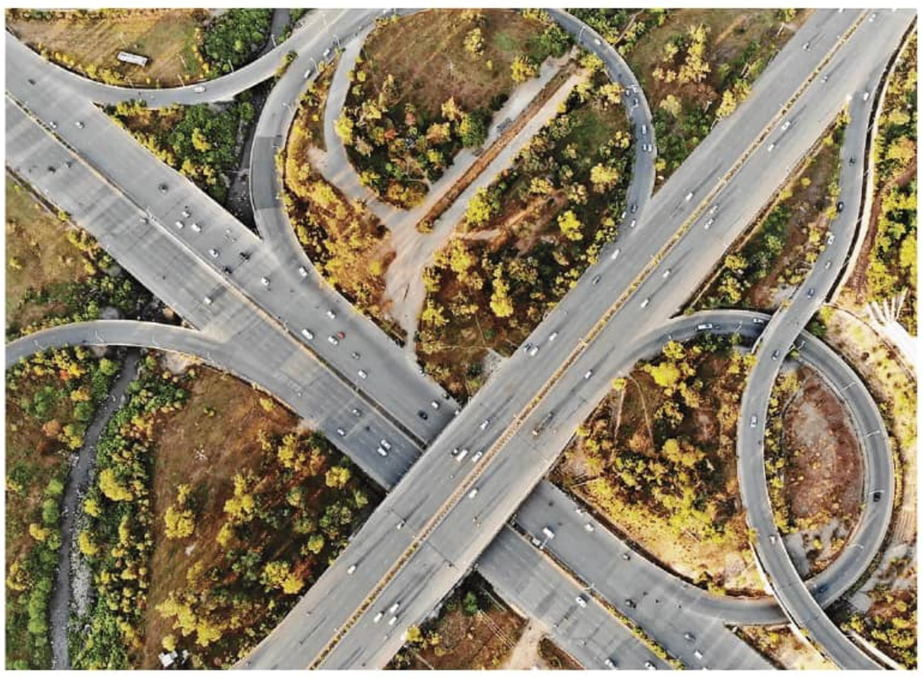
Bengaluru's ambitious Peripheral Ring Road Phase 1 project has gained fresh momentum, with the Bangalore Development Authority accelerating land acquisition and compensation measures. In a significant move, landowners in Avalahalli Bandapura village have been granted 5.23 lakh square feet of Floor Area Ratio (FAR) as compensation for 3.28 acres acquired for the project, marking a major step toward resolving long-pending acquisition issues.

The 73 km corridor will stretch from Madavara on Tumakuru Road in the northwest, pass along the northern and eastern stretches of the city, and terminate near Konappana Agrahara on Hosur Road in the south. Spread across 67 villages, the project requires acquisition of around 2,557 acres. Final notifications have already been issued for 1,810.18 acres, while 246 acres have been taken possession of through negotiated settlements.

Officials said between 450 and 500 landowners have agreed to part with their land so far, opting for compensation packages that include cash, FAR, commercial sites, and residential plots. Farmers in Vasudevapura, Kalathammanahalli, Ittanahalli Agrahara, Avalahalli Bandapura, Cheemasandra, Kuduregere, Byalakere, and Harohalli are among those who have received compensation under the revised framework.



Rs 27,000 crore project promises infrastructure economic employment boost across city

> "With this decision, the uncertainty around 948 acres has been resolved. It removes a key bottleneck for the project" –Senior official, BDA

In Byalakere, former minister Satish Jarkiholi relinquished two acres and accepted commercial site rights. Pulakeshinagar MLA AC Srinivas opted for cash compensation for his land parcel, reflecting different preferences among landowners based on their individual priorities.

A senior BDA official said attractive compensation packages had been offered beyond standard provisions under the 1894 Act, ensuring landowners feel fairly treated and helping avoid prolonged litigation and procedural delays.

Corridor vision

The project is estimated to cost Rs 27,000 crore, of which Rs 20,511 crore is earmarked for land acquisition alone. Around Rs 750 crore has been allocated for rehabilitation and resettlement, while Rs 65 crore has been set aside for environmental protection measures along the corridor.

The eight-lane access-controlled expressway will include service roads measuring 11 metres on the city side and 7 metres on the outer side. A four-metre central median will be reserved for greenery. Dedicated two-metre cycle tracks and three-metre footpaths are planned, along with underground utility ducts for power, water, and internet cables. Nearly 34 km of the corridor will allow commercial zone development on both sides, expected to spur economic activity and employment.

Dispute cleared

One of the major hurdles involved 948.14 acres for which awards had been passed in 2008-09 but compensation had not been fully disbursed. After prolonged delays, the State has treated the matter as a special case, allowing settlement under the 1894 framework through negotiated closure.

Landowners agreeing to withdraw litigation and hand over land to BDA are being offered revised compensation options under the October 17, 2025 order. Officials said this decision resolves uncertainty and removes a key bottleneck. Authorities plan to call civil work tenders once 80 percent of acquisition is completed. With compensation packages being processed regularly, the long-delayed corridor is steadily moving closer to execution.

Spilled concrete creating deadly skid zones everywhere now

Negligent concrete transport causing dangerous road conditions, putting riders at risk skidding, injuries, accidents near construction-heavy neighbourhoods frequently

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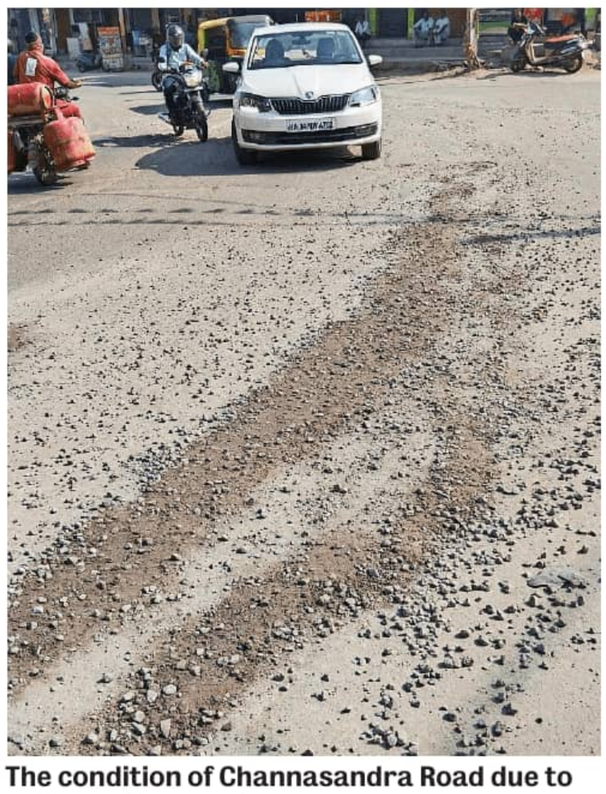
There seems to be no respite for two-wheeler riders, who have to endure potholes and craters on the city roads. Though some roads have been asphalted recently, riders have to face another problem -- concrete spilled from mixer trucks. In areas where construction activities are in full swing, the spilled concrete is putting pedestrians and riders at risk of accidents.

For instance, in Channasandra near Ramamurthy Nagar in Bengaluru East City Corporation limits, commuters say they do not know how to control the concrete mixer vehicles and explain the issue to the drivers of these vehicles.

"The spillage of concrete causes a lot of problems for the two-wheeler riders. There are few schools in the vicinity. We have seen parents and children falling due to the spilled concrete. The authorities, especially the traffic police, must keep a vigil on such vehicles and also educate the drivers on the adverse impact of spilled concrete," said Chandrashekhar Rao, a resident of the area.



The condition of Channasandra Road due to spillage of concrete

> "I witnessed two two-wheelers skidding on the road. I am worried about safety of parents dropping children at nearby schools" –Manjunath Gowda, resident of Channasandra

Manjunath Gowda, another resident of the area, who has witnessed two two-wheelers skidding on the road, expressed worry about the riders' safety. "I made a few drivers of the mixer vehicles put away the excess concrete on the side of the road, but it is not easy to keep a vigil on each vehicle. Only the traffic police can mitigate this problem," said Gowda.

Appealing to the traffic police to act tough against those responsible for spilling concrete on the busy road, a resident pleading anonymity, emphasised on the need to educate the drivers of these vehicles. "The drivers should be aware and try to prevent any spillage of concrete on the roads as it is not easy for pourakarmikas to clear the dried concrete out," the resident said.

KR Puram Traffic Police Inspector told BM that they would keep a vigil on concrete mixer vehicles and educate the drivers about the issue. "I will direct my subordinates to look into the matter," he said.

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Problems in your area?
Send us a picture along with specific details. And please, no phone calls or spamming

Manhole menace

Dhanvantri Road

A damaged manhole cover on Dhanvantri Road near Kempegowda Bus Station poses serious accident risk to pedestrians and motorists amid heavy traffic movement.

Footpath hazard

RR Nagar

A damaged footpath slab on Mission Road in Rajarajeshwari Nagar poses accident risk and needs immediate repair to protect pedestrian safety.

Illegal parking

Lavelle Road

A showroom on Lavelle Road is parking motorcycles on road and footpath, causing congestion, obstructing pedestrians, and worsening traffic flow daily nearby.

Day of deadly accidents

Woman killed after tipper lorry runs over her; 2-year-old's death sparks protests; hit & run claims life

A 49-year-old woman died after a tipper lorry ran over her near Bannerghatta Road under the Adugodi police station limits on Sunday morning. The deceased, Amala, a resident of Anepalya, had been returning home after attending church prayers and shopping with her son. She was riding pillion on a scooter driven by him when the accident occurred around 11.15 am.

According to preliminary police findings, an autorickshaw suddenly veered close to their two-wheeler, forcing her son to brake abruptly. As they were carrying shopping bags, Amala reportedly lost her balance and fell onto the road. Within seconds, a tipper lorry moving behind them ran over her legs and abdomen.

Passersby rushed to help and shifted her to a nearby hospital, but doctors declared her dead around noon due to excessive blood loss.

The Adugodi police registered a case against the tipper driver, Basavaraj, 42, a native of Raichur. He was taken into custody and later released on station bail. Police said further investigation is underway to determine the precise sequence of events leading to the fatal accident. Officials urged motorists to exercise caution and maintain safe distance on busy city roads during peak hours daily.

Speeding car hits scooter, toddler dies

A two-year-old boy was killed in a tragic road accident after a speeding car rammed into a scooter on Sunday evening, February 15, around 6.10 pm near a supermarket at Halehalli, Kashappa Circle, on the Maragondanahalli–Kittaganur Main Road. The incident sparked protests by angry residents and family members, who alleged that this was the fifth death on the same stretch.

The deceased was identified as Trishan bin Harish (2), a resident opposite the Ganesh Temple in Venkatala, Yelahanka. According to police, Trishan was travelling on a scooter with his relative Vijayalakshmi and her son Badri. The trio were heading towards the Maragondanahalli Shiva Temple to mark the occasion of Mahashivratri.

Police said the scooter had halted in a traffic jam in front of a supermarket when a speeding car allegedly driven by Krishna Mohan Menon (43), a resident of Salarpuria East Crest Apartment near Avalahalli police station limits, rammed into the rear of the two-wheeler.

The impact caused the child to fall onto the road, where he was run over. He sustained grievous injuries and was rushed to a nearby hospital in Bhattarahalli, where doctors declared him dead. Preliminary investigations indicate that rash and negligent driving by the car driver led to the fatal accident. A case has been registered at the KR Pura traffic police station and further investigation is underway.

On Monday, family members and local residents staged a protest at the accident spot, raising slogans demanding justice for the child. Residents alleged that the poor and unscientific condition of the road contributed to the tragedy. They claimed hundreds of accidents have occurred over the years on this stretch. Though jelly stones were laid about six months ago, they said the road work remains incomplete, leaving the stretch congested and dangerous for motorists.

Hotel worker from Assam killed in hit-and-run accident

A 35-year-old hotel worker died after being knocked down by a speeding motorcycle while crossing the road under the HAL Airport Traffic Police Station limits on Sunday evening.

The deceased was identified as Rajesh Bhara, a native of Assam who lived on the fourth floor of the Reliance Building near Nripathunga Hotel on Horamavu Road. He was employed at a hotel in the city.

According to police, the accident occurred around 6.30 pm when Rajesh was crossing Marathahalli Ring Road near Nagarjuna Hotel along with a friend. A speeding motorcycle reportedly rammed into him, leaving him with a severe head injury and unconscious at the spot.

With the help of passersby, his friend rushed him to a nearby private hospital for first aid, after which he was referred to Bowring Hospital. Despite treatment, he succumbed to his injuries around 10 pm. The biker fled the scene, and a case has been registered for investigation. **BMB**

Trusted aides pilfer from man's bank account

A 25-year-old gym trainer, identified as Solomon Robin from Williams Town, approached the police alleging that his bank account had been misused to commit cybercrime fraud. He grew suspicious after receiving notifications from his bank about unusual transactions.

Robin, a fitness coach at a gym in RT Nagar, was introduced by his colleague Wasim to a man named Umar, who claimed to be a businessman, in April 2024. Umar was also a frequent visitor to the gym where they gathered. He claimed that he needed two bank accounts to avoid tax liabilities related to his business.

Trusting the duo, Robin contacted his friend Shailesh, and the two provided copies of their identity proofs to open bank accounts in Banaswadi.Officers suspect multiple mule accounts probing a wider network. **BMB**

Flex your power, not posters

The Bengaluru civic body, GBA, is facing a difficult time responding to the Karnataka High Court's direction to crack down on posters and banners of political leaders. The drive aims to clear the city of the frequently appearing posters and images, sometimes garlanded, sometimes torn by the wind, which pose hazards and give the city an uncared-for appearance.

With the GBA elections approaching, the issue has sparked a heated debate among citizens and activists, who have urged the civic body to remove the materials and file FIRs against those who have made it a routine to litter the streets of Bengaluru.

Many volunteers have joined the campaign to rid Bengaluru's streets of these notorious banners.

According to an educationist, hoardings on US highways were ordered to be removed as they distracted drivers, preventing several serious accidents. **BMB**

Spa owner snatched at night

In a shocking late-night incident, a 28-year-old man was allegedly kidnapped in a dramatic manner within the jurisdiction of the Electronic City police station on Sunday.

Police officials said that the victim, identified as Ashith Jha (28), a native of Bihar and resident of Tirupalya, ran a spa in Akshayanagar, Begur, in partnership with others. Authorities said the abduction is suspected to have arisen from a dispute between business partners.

According to preliminary investigations, Ashith was returning home from the spa on a motorbike with the manager, Manu Kumar, when four unidentified men intercepted them near Bettadasanapura. **BMB**

Fraud ring targets judge directly

City police have launched an investigation after receiving a complaint about a threatening phone call made to former Supreme Court judge Justice J Chelameswar, allegedly involving misuse of a mobile number registered in his name.

According to police sources, the complaint was received by post at the Office of the Commissioner of Police and was officially acknowledged on February 4, 2026, at around 1.30 pm. The complaint was filed by Bharat Parashar, Secretary General of the Supreme Court of India.

As detailed in the complaint, Justice Chelameswar received a call on January 9, 2026, at approximately 3.05 pm. The caller reportedly identified himself as an officer from the Bengaluru Cyber Cell and allegedly issued threats, claiming that another mobile number was being misused in the name of the government. The complainant has requested authorities to identify the unknown caller and initiate appropriate legal action.

Police have begun preliminary inquiries to trace the origin of the call and establish the identity of the suspect. Investigators are also examining the motive behind the incident and will proceed under relevant legal provisions.

The case comes months after Central Division police booked two unidentified cyber fraudsters for allegedly impersonating Data Protection Board officials to intimidate Upa Lokayukta KN Phaneendra. **BMB**

Cyber police bust fake commissioner profile

The Cyber Crime Police have detected a fake Facebook account impersonating the Bengaluru City Police Commissioner during routine social media surveillance, leading to the registration of a formal complaint for investigation. According to officials, a head constable attached to the Cyber Crime Police Station, who has been monitoring online platforms for the past two years, spotted the fraudulent profile on February 5, 2026, at around 12.30 pm. The account was created under a misleading name and used the photograph of Bengaluru Police Commissioner Seemant Kumar Singh as its display picture.

The profile also featured several images of the Commissioner with prominent dignitaries, raising concerns among authorities about the risk of misuse. Police officials said such accounts can potentially be used to mislead or cheat members of the public under false pretences.

Authorities noted that similar cases have been reported in the past, where fake social media profiles of senior IPS officers were used to defraud people. Case registered further investigation is underway. **BMB**

Cookie packets hide drugs worth Rs 2.44 cr

Customs officials at Kempegowda International Airport in Bengaluru seized 6.98 kg of hydroponic ganja valued at ₹2.44 crore from a passenger who arrived from Bangkok on February 13. Acting on specific intelligence, officers intercepted the passenger and conducted a detailed examination of checked-in baggage. The contraband was ingeniously concealed inside multiple cookie packets to evade detection. During inspection, officials uncovered the hidden packets and seized the narcotic substance. The passenger was taken into custody and formally arrested under provisions of the Narcotic Drugs and Psychotropic Substances (NDPS) Act, 1985. **BMB**

Police reunite 4-year-old left inside car

A four-year-old child was safely reunited with his parents after being inadvertently left inside a car in Hennur on Friday night, thanks to the swift response of city police.

The incident occurred at around 8.26 pm on February 14 at Ponnappa Layout, under the jurisdiction of Hennur Police Station. According to police officials, four-year-old Jian Chungi had visited the ISKCON Temple earlier in the evening with his mother, Ginny, and five relatives. While returning to their apartment in Ponnappa Layout in a cab booked by his mother, Jian fell asleep in the back seat of the vehicle.

The family had just returned from an outstation trip and parked at their apartment complex. **BMB**

No dynamic pricing planned for Vande Bharat, Centre confirms

Railways minister highlights low fares, global comparisons, and heavy subsidies while ruling out dynamic pricing for Vande Bharat services

A Vande Bharat train at trackside, as officials underline continued government support keeping passenger ticket costs substantially subsidised across services

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Government reiterates commitment to affordable rail travel, noting significant subsidies and lower fares compared globally, while ensuring passengers that Vande Bharat services will retain stable pricing without surge mechanisms

Unlike Rajdhani and Shatabdi Express trains, there is no proposal to introduce dynamic fare pricing in Vande Bharat services, the Centre has clarified.

Replying in the Lok Sabha recently, Minister of Railways, Information and Broadcasting and Electronics and Information Technology Ashwini Vaishnaw said Vande Bharat Chair Car and the upcoming Vande Bharat Sleeper trains will not have dynamic fares. The clarification comes amid ongoing discussions around fare structures in premium trains, with the minister reiterating that dynamic pricing currently applies only to certain premium services such as Rajdhani and Shatabdi.

Vaishnaw underlined that Indian Railways continues to offer some of the lowest passenger fares globally. In the ordinary class segment, India charges roughly Rs 0.20 per passenger kilometre, compared to about Rs 0.54 in Pakistan, Rs 0.37 in Bangladesh and Rs 0.50 in Sri Lanka between 1.5 and 2.5 times higher than India.

In the semi high speed segment, he said Vande Bharat fares remain significantly lower than comparable international services. For a 300 to 400 km journey in an AC Chair Car equivalent, India's average fare is about Rs 2.19 per passenger kilometre, while the corresponding fare is around Rs 7 in China, Rs 13 in France and nearly Rs 20 in Japan, citing data available in the public domain.

The minister also informed the House that Indian Railways provided a subsidy of Rs 60,466 crore on passenger tickets in 2023–24, translating to an average concession of about 45 per cent for every passenger. "If the cost of providing the service is Rs 100, the passenger pays only about Rs 55," he said.

He added that additional concessions continue for four categories of persons with disabilities, eleven categories of patients and eight categories of students, alongside the general subsidy extended across passenger segments. Officials said the policy aims to ensure affordability for travellers.

Fast-track verdict: Death for three

The First Additional District and Sessions Court in Gangavati, Koppal district, on Monday sentenced three men to death for the gang rape of an Israeli tourist and an Indian woman and the murder of a male tourist near Sanapura Lake, close to the UNESCO World Heritage Site of Hampi.

Judge Sadananda Nagappa Nayaka pronounced the quantum of punishment, awarding capital punishment to the three convicts Mallesh alias Handi Mallesh, Sai and Sharanappa after finding that the crime fell within the "rarest of rare" category. The court had earlier convicted the accused and reserved its order on sentencing.

The verdict is being seen as significant as it came within 11 months of the incident, which occurred on March 6, 2025, near Sanapura Lake and the Tungabhadra Canal under the Gangavati Rural Police Station limits.

The brutal attack had triggered national outrage and led to a sharp drop in foreign tourist arrivals to nearby destinations, including Hampi, Anjanadri and Sanapura Lake.

Following the incident, the traumatised victims approached the police and filed a complaint. During arguments, prosecutor said homestay owner took guests for stargazing; prosecution sought maximum punishment citing gravity. **–BMB**

Typhoid spike raises alarm across state

Karnataka has emerged as one of the most affected states for water-borne diseases, ranking third nationally in typhoid cases and fifth in diarrhoea and related infections, according to the Ministry of Health and Family Welfare. With summer temperatures rising across Bengaluru and several districts, health experts say heat and shifting weather patterns are accelerating the spread of infections. Data from 2021 to 2025 show the state consistently among the top five for typhoid incidence, with lakhs of cases reported annually. In 2024 alone, typhoid cases reached about 1.8 lakh, while diarrhoea cases were recorded at 39,348, underscoring a persistent public health challenge.

Over the past five years, Karnataka also logged 8,697 leptospirosis cases, averaging around 1,739 each year. Doctors attribute the surge primarily to contaminated water supplies, citing ageing pipelines, untreated tanker water, industrial effluents entering groundwater, and poor sanitation in densely populated urban pockets as key contributors, with urban areas seeing sharper increases than rural regions. **–BMB**

KSRTC hikes luggage charges by 15% amid rising operational costs

Revised luggage tariff kicks in Monday, impacting travellers with charges beyond 30 kg on KSRTC buses, as operational costs soar

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In view of rising operational costs, the Karnataka State Road Transport Corporation (KSRTC) has announced a revision in luggage charges on its buses, with the updated tariff set to take effect from Monday.

The corporation has increased luggage fares by 15 per cent for baggage exceeding the 30 kg free allowance, in accordance with the new rate schedule. KSRTC said the revision was necessitated by rising diesel prices, staff salaries and other operational expenses.

According to a circular issued by the corporation, KSRTC buses are permitted to transport both accompanied and unaccompanied luggage in addition to regular passenger services. Ticket charges and procedures for booking and transporting such luggage had been specified in earlier standing orders, but the latest revision updates only the tariff while retaining existing rules.

The revised rate chart has been published in Appendix-A of the circular. The revision follows the General Standing Order dated January 25, 2018, subsequent amendments, and Order No. 814/2021 dated November 30, 2021. The latest order was issued with the approval of the competent authority on February 7, 2026.

Commuters get onto a KSRTC bus while officials roll out updated fare calculations and Electronic Ticketing Machine software revisions across depots

KSRTC officials said luggage charges are revised whenever there is a change in passenger fares. "Each time there is a revision in bus fares, the luggage charges are also revised. If the bus fare increases by 15%, the luggage fare is correspondingly increased by 15%. Passengers can carry luggage up to 30 kg free of cost, and charges apply only for baggage exceeding this limit," an official said, adding that the revision was due last year but could only be implemented now. The previous revision was carried out in December 2021.

Under the revised tariff structure, luggage charges are calculated based on stages, with one stage defined as 6.5 km. For short distances covering one to five stages, the fee starts at 6. For journeys between six and 20 stages, charges range from 12 to 25. In the mid-range category of 21 to 80 stages, rates vary between 28 and 76. For longer distances of 81 to 160 stages, charges range from 79 to 145 depending on the number of stages covered.

Officials said steps are being taken to update the Electronic Ticketing Machine software to reflect the revised rates from the effective date. Apart from the tariff change, all other conditions and procedures outlined in earlier standing orders remain unchanged. Divisional controllers and depot managers have been directed to ensure strict implementation and to create awareness among staff to avoid billing discrepancies.

Starting Monday, KSRTC increases luggage fees by 15% for items over 30 kg, responding to rising diesel prices, staff wages, and other operational costs. New tariffs cover short to long-distance travels

Sri Lanka beat Australia by 8 wickets to enter Super 8s

NISSANKA TAKES SRI LANKA THROUGH

Australia 181 (20)

Sri Lanka 184/2 (18)

Sri Lanka's Pathum Nissanka looks on during the match between Australia and Sri Lanka at Pallekele International Cricket Stadium in Kandy on Monday

Sri Lanka produced an emphatic all-round performance headlined by Pathum Nissanka's superb unbeaten hundred to outclass Australia by eight wickets in a group league fixture of the T20 World Cup and enter the Super Eight stage of the event here on Monday.

Chasing a target of 182, Nissanka (100 off 52 balls) sent the Australian bowlers on a leatherhunt with an innings that was studded with 10 fours and five sixes. He added 97 for the second wicket with Kusal Mendis (51 off 38 balls) as Sri Lanka completed the chase with two overs to spare.

Earlier, skipper Mitchell Marsh's 54 and Travis Head's 56 took Australia to 104 for no loss before being bowled out for 181, largely due to efforts from the Sri Lankan spinners.

Leg-spinner Dushan Hemantha got three for 37 while pacer Dushmantha Chameera also got a couple of wickets. The last four wickets fell for just six runs. Brief Scores: Australia 181 all out in 20 overs (Mitchell Marsh 54, Travis Head 56, Dushan Hemantha 3/37) lost to Sri Lanka 184/2 in 18 overs by 8 wickets (Pathum Nissanka 100 not out, Kusal Mendis 51).

PTI

Australia's Cooper Connolly appeals unsuccessfully for the wicket of Sri Lanka's Kusal Mendis

Today's matches

- New Zealand V/S Canada — 11.00 am
- Ireland V/S Zimbabwe — 03.00 pm
- Scotland V/S Nepal — 07.00 pm

Afghanistan beat UAE to keep faint Super 8 hopes alive

Afghan and UAE players exchange handshakes with each other after their match, at Arun Jaitley Stadium in New Delhi on Monday

UAE 160/9 (20)

Afghanistan 162/5 (19.2)

Afghanistan clung to their fading hopes of making the Super Eight stage of the Twenty20 World Cup after Azmatullah Omarzai's all-round brilliance fashioned their five-wicket victory against the United Arab Emirates in a Group D match on Monday. The outcome sent group leaders South Africa, who have six points from three games, into the Super Eight alongside defending champions India and two-time winners West Indies.

New Zealand, with four points ahead of their final group match against bottom-placed Canada on Tuesday, look primed to claim the second Super Eight spot from Group D.

Sohaib Khan (68) led a spirited recovery to power UAE to a respectable 160-9 after being put in to bat. Omarzai, who claimed 4-15 with the ball, returned to hammer 40 not out off 21 balls to secure 2024 semi-finalists Afghanistan's first win in this year's tournament with four balls to spare.

"Always important to have a win at the World Cup and let's hope for the best in the rest of the competition," Afghanistan captain Rashid Khan said.

"We still have a little bit of hope that we can make it to the next stage. We just need to come up with a positive mindset.

"Even if we don't make it to the next round, we want to play with the same brand of cricket and make our nation proud."

Earlier, TV umpire Paul Reiffel found himself in the thick of action in the first four overs after Rashid won the toss and elected to field at Arun Jaitley Stadium.

UAE opener Aryansh Sharma edged the first ball from Omarzai but it was unclear if wicket-keeper Rahmanullah Gurbaz had taken a clean catch. Reiffel went through umpteen replays before giving the benefit of the doubt to the batter. Three balls later, Reiffel was tasked with a similar job and this time the official decided that Aryansh was indeed out, caught behind for a duck.

Off-spinner Mujeeb Ur Rahman trapped UAE captain Muhammad Waseem lbw for 10, a decision which Reiffel upheld after the batter reviewed it. The reprieve allowed Sohaib to combine with Alishan Sharafu (40) in an 84-run stand to steady the UAE innings.

Reuters

England beat Italy to qualify for Super 8

England sealed their place in the Super 8s of the ICC Men's T20 World Cup with a hard-fought 24-run victory over Italy in a thrilling Group C clash at Eden Gardens in Kolkata, overcoming a sensational counterattack led by Ben Manenti and Grant Stewart to defend their imposing total of 202.

Chasing a target of 203, Italy endured a nightmare start as Jofra Archer struck twice in the opening over. He dismissed JJ Smuts for a duck and reduced Italy to 1/2, immediately putting the associate side on the back foot. Jamie Overton soon compounded their troubles, and Harry Manenti's dismissal left Italy struggling at 22/3 inside four overs.

With the required rate climbing rapidly, Justin Mosca and Ben Manenti launched a remarkable recovery that briefly tilted the contest. Mosca batted with composure, finding gaps and rotating strike effectively, while Manenti took the aggressive route. The hard-hitting batter unleashed a brutal assault, bringing up a stunning half-century off just 22 balls, the fastest fifty by an associate batter against a Full Member in T20 World Cup history.

Manenti's innings was packed with clean striking, including six towering sixes and four boundaries, as he dismantled England's bowling attack. Together with Mosca, who contributed a fluent 43 off 34 balls, he stitched a crucial partnership that lifted Italy to 114/3 in the 12th over and suddenly put England under immense pressure.

Just as Italy appeared poised for a famous upset, Will Jacks delivered a vital breakthrough. He dismissed Manenti for a blistering 60 off 25 balls, with Tom Banton holding on to a crucial catch at long-on. The wicket shifted momentum back in England's favour.

Adil Rashid further tightened England's grip by removing Mosca, while Sam Curran struck twice in quick succession to derail Italy's middle-order. Curran dismissed Marcus Campopiano and Gian Meade, ensuring England regained control at a decisive stage of the chase.

Grant Stewart, however, refused to back down and reignited Italy's hopes with a fearless late assault. He smashed 45 off just 23 balls, including five sixes, while Jaspreet Singh also joined the attack as Italy hammered 21 runs off Rashid's 18th over, bringing the equation down to 30 off 12 balls.

IANS

England 202/7 (20)

Italy 178 (20)

England's Phil Salt shakes hands with Italy's Ben Manenti after the match

Five courts in Karnataka receive bomb threats, police launch probe

A bomb threat email was sent to the Karnataka High Court's Dharwad Bench and the district court in Mandya, Kodagu, Mangaluru as well as Bengaluru South, prompting authorities to conduct extensive search operations on Monday, police said.

As a precautionary measure, lawyers and staff were evacuated from the court buildings in Dharwad, Mandya, Mangaluru, Bengaluru South and Kodagu districts, they said.

Security personnel cordoned off the premises and carried out thorough checks.

Following the extensive search operation, the police in the respective districts termed it as "hoax email" after no suspicious objects were found in any of these respective courts.

According to police, in Bengaluru South, at around 12:35 pm, an email was received at the district court claiming that 12 RDX bombs were placed on the court premises. However, after a thorough search operation conducted by the police along with bomb disposal and canine squad, it was declared a hoax email.

Similarly, a bomb threat email was also received at the Mangaluru and Kodagu district court located in Madikeri, which also turned out to be a hoax, police said.

In Dharwad, Superintendent of Police Gunjan Arya visited the spot and inspected the High Court premises following the threat. Police launched a comprehensive search operation, and as a precautionary measure, everyone was evacuated from the building.

Personnel from the bomb squad also reached the scene and continued the inspection.

Speaking to reporters in Dharwad, Arya said, "We are conducting a full inspection. Only our personnel are inside. The email message says the explosion would occur at 1:15 pm. We are gathering more information about the remaining details. The message also contains references to different states, so we cannot share further information at this moment."

In Mandya too, court proceedings were suspended briefly following the bomb threat email. Judges, lawyers and litigants were evacuated from the premises. The Bomb Disposal Squad, along with police, conducted a thorough search operation, officials said, during which no suspicious objects were found. **PTI**

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CHANGE OF NAME

I, SRI JNANA PRABHU SIDDARAM DESIKENDRA SWAMIJI alias SHADAKSHARI SOLLAPURA SIDDAMALLAIAH residing at Sri Yalanadu Mutt, Ward No 18, Yemmedoddi Road, K Hosahalli, Kadur – 577548. I have changed my name to SRI SRI SRI JNANA PRABHU SIDDARAM DESIKENDRA SWAMIJI vide affidavit dated 22/01/2026 sworn before notary B Seshagiri Bengaluru

I, M. Karunyaa Resident No. 138, Officers Model Colony, T.Dasarahalli, BLR-560057. Changed My Name from Karunyaa To M. Karunyaa to all further purposes. (Reference Date of Birth 17/09/1996 & Passport No. N1263541). M full form is Meenakshi Sundaram.

I, VANIYAMBADI MANDYA MUNNAVAR AHMED (Old Name) resident at No. 18/2, S-3, Silvar Manor, Kandaswamy Mudaliar Road, Near Adam Function hall, Frazer Town, Bengaluru-560005 have changed my name to VANIYAMBADI MANDYA MUNAWAR AHMED (New Name) vide affidavit dated: 16/2/2026 Before Notary H.S. Sakalesh Aradhya Bangalore.

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I Amaravathi R/o AVRP Home Kongadiyappa Collage Road Vidyanagara Dodballapura Bengaluru Rural-561203 Have Changed My Name To Ramachandrappa Amaravathi

I, Bhagyalakshmi Dasarahalli Jayanna R/a 103/1, Maruthi Nilaya, Uttanalappa Layout, Thindlu, Bangaluru 560097. I have changed my name to Bhaghyalakshmi J. Vide affidavit dated 14-02-26 Sworn before notary T.V. Bhadravijaya Bangalore

I Tarun Kumar V L s/o Lakhamsi Raja Patel, R/o Flat No-303 3rd Floor Cresent Height Apts, 2nd Cross Snehanagar Amruthahalli, B'luru-560092, have changed my name to Tarun Lakhamsi Patel for all Purposes.

I, Ravikumara Nanjappa, R/a at B-15/138, G/F, Alur BDA Phase 3, Alur, Dasanapura Hobli, Bangaluru-562162. I have changed my name to N Ravi Kumar. Vide affidavit dated 14-02-26 Sworn before notary T.V. Bhadravijaya Bangalore

I, Mahipal Singh, son of Ranjeet Singh, residing at Panchratna Apartment, Bangalore, hereby declare that Mahipal Singh R V and Mahipal Singh are same person.

I, HAGAMILAL, Residing at No. 816, Kiran Nivas, 1st 'C' Cross, Adhishwar, L N Colony, Bangalore North Yeswanthpur Post, Bangalore-560022, have changed my name to HAGAMI LAL, vide affidavit dt: 13.02.2026, before notary A. Manjula, Bangalore.

I, Syed Aslam Pasha Masthan S/o, Syed Mastan R/o Ward No 20 Hydari Nagar Mulbagal 563131 have changed my name to Syed Aslam for all purposes.

MY DAUGHTER, Syeda Mehwish Taj, born 01-Feb-2022 (In Bangaluru), residing at No.7, 1st Cross, Pipeline, Shamanna Garden, B'lore-26, shall henceforth be known as SYEDA MEHWISH IMRAN. Imran Pasha (Father).

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FEB: 21, 22* MAR: 1*, 2, 8*, 12, 15*, 22, 22* APR: 2, 5*, 12, 12*, 19*, 22
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FEB: 18 MAR: 4*, 8, 11*, 15, 18* 22, 25*, 29 APR: 1*, 5, 8*, 12, 15*,19, 22* 26
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View from the top not that pretty

CONTINUED FROM PAGE 1

Perils of the high life

City-based researchers say that while living in skyscrapers in Bengaluru has become more of a status symbol, those living in high-rise buildings do face the risk of being caught inside the atmospheric inversion layer and thus subjected to high pollution levels.

"In cities located at high altitude and with lower temperatures, the inversion boundary layer is at a lower altitude than normal. If a building is located at this height, there will be a high accumulation of air pollutants at that level. In a city like Bengaluru, dispersion of pollutants becomes slow above 20 mt. A general rule says that the air quality up to a 10 to 11 stories high building is the same as at the surface. However, those living at a height of 30 mt or above are vulnerable to higher air pollution," said Professor Gufran Beig, chair professor at the National Institute of Advanced Studies (NIAS) and one of the researchers.

Experts say in high-rise buildings, residents are vulnerable to exposure to PM 2.5 during winter and Ozone during summer.

However, researchers point out that elevated pollution layers are highly dependent on prevailing meteorological conditions and ambient pollution levels. Thus, there is a need for research to establish this phenomenon in the case of Bengaluru's high-rise buildings.

"The study conducted in Delhi focused on specific time periods characterised by stable atmospheric conditions. In Bengaluru, such conditions may not occur in the same way; however, further research is required before drawing definitive conclusions," said Dr. Piyush Bhardwaj, Research Scientist in the Air Quality team at Centre for Study of Science, Technology, and Policy (CSTEP).

23-35 years age group most vulnerable to stress

CONTINUED FROM PAGE 1

long working hours, hybrid work setups, traffic-related stress, job insecurity in fast-paced industries and limited downtime. The increased accessibility of the internet and low data costs helped people cope with uncertainty during the pandemic, but its after effects have lingered. Many are still dealing with social isolation, reduced in-person interactions, financial strain and disrupted routines. In addition, social media and the constant comparisons it fosters add another layer of pressure, particularly among adolescents and younger adults," Dr Gupta explained.

Health professionals admit that younger adults are commonly seen stressed. "Stress cases are on the rise and manifest into so many physical challenges like stress headaches, gastro-intestinal issues and others. Stress has become a more defining part of daily life with more people reporting emotional and physical stress symptoms compared to five years ago," the doctor said.

Doctors said the age group of 23-35 years is particularly vulnerable. "Stress is part of life, but there is a fine line between stress and distress, which occurs during high academic pressure and life transitions. High burnout rate is higher in young adults as they want quick results. Work pressure is also higher among young adults and caregiving burnout leads to high levels of stress," said Dr Shilpi Saraswat, Clinical Psychologist at Sakra World Hospital.

According to Vikas Bansi, Business Director, OTC Corporate, Himalaya Wellness Company this audit shows us that stress is not just about sleepless nights or irritability; it is about the silent weight reshaping how people work, connect, and care for themselves. "By validating these experiences with measurable insight, we hope to spark a national conversation that moves beyond stigma and empowers people to take charge of their wellbeing," he said.

Health professionals stated that managing stress begins with awareness and early prevention. They emphasised that simple, consistent habits such as maintaining a regular sleep schedule at night, engaging in exercise or even a 45-minute daily walk, and setting healthy boundaries around work and screen time can significantly reduce stress levels. "Incorporating mindfulness practices, pursuing hobbies, meeting friends and maintaining meaningful human connections over weekends, seeking therapy when needed, and building strong social support systems are also highly effective strategies," said an expert.

SAY IT TO BELIEVE IT? THINK AGAIN

When positivity heals and when it quietly harms

Scroll through social media and you will quickly encounter phrases such as "I am worthy" or "I choose happiness".

The tantalising promise is this: repeat these positive affirmations often enough and you will be happier, calmer and even healthier.

Given that we are biologically hardwired to avoid suffering and want to feel safe and happy, it is no wonder this idea is tempting. But is it backed by science? And are there downsides?

What are positive affirmations?

Proposed by psychologist Claude Steele in the late 1980s, self-affirmation theory suggests we are motivated to see ourselves as adequate and worthy. Experiences such as poor grades, workplace mistakes or break-ups can threaten this self-image, leading to self-criticism, anxiety or depression. The theory argues that repeating positive statements about oneself can help protect against these effects, supporting mood and self-worth.

Is there evidence that positive affirmations work?

Yes – in some contexts. A review published in 2025 combined and analysed the results of 67 studies. These examined the effects on participants' wellbeing of writing positive affirmations or repeating them aloud.

The review found that positive affirmations did have a meaningful impact on how participants viewed themselves and connected with others. However, the effect was small.

Some studies suggest that positive affirmations can help protect self-esteem and support mental health. A 2025 study found that women undergoing chemotherapy who listened to music with affirmations felt less depressed and drowsy than those who heard music alone. Another 2025 study reported that adults with depressive symptoms who wrote affirmations twice daily showed improved self-esteem after 15 days.

However, a widely cited 2009 study found affirmations boosted mood only in people with already high self-esteem, while those with low self-esteem felt worse. More recent research has struggled to replicate some of these results, indicating that further studies are needed to understand who benefits most and in what contexts.

The downsides of positivity

But is there any harm in using positive affirmations? Here are some risks to bear in mind.

Toxic positivity

Humans are imperfect, and the world is often unfair. Pretending otherwise can lead to toxic positivity, which involves suppressing or even denying difficult emotions. When you feel distressed, you may feel pressure to cope and simply "reframe" your thinking. If you cannot, you may feel ashamed and be less likely to seek help.

Chasing dopamine

Repeating positive affirmations might give you a quick dopamine boost. Dopamine is a neurotransmitter linked to pleasure and reward, and it can help us feel in control and competent. However, the desire to always feel good is unrealistic and, taken to the extreme, can trap you in a cycle of constantly seeking the next boost.

Downplaying real issues

Positive self-talk is only helpful in safe environments. In unsafe or harmful situations (for example, an abusive relationship), staying positive may blind you to potential dangers. Over-reliance on positive affirmations can detach you from reality and override gut instincts that may be worth heeding.

So, what does work?

Recent research suggests that how we speak to ourselves may matter more than how positive the message is. Here are two approaches worth trying.

Show yourself compassion

Research shows that cultivating a compassionate relationship with yourself, especially during times of stress or failure, can strengthen resilience and improve mental health. For example, telling yourself "this is hard" or "anyone would feel this way" can be more helpful than simply repeating upbeat affirmations. Sometimes, being brave enough to acknowledge your suffering and speaking to yourself as you would to a good friend is what you need.

Create some distance

Talking to yourself in the third person – for example, "Maddie is furious but has handled far worse" rather than "I am furious" – can help. This creates distance between you and your thoughts and is sometimes referred to as "non-attachment". This approach can help regulate emotions by encouraging you to approach feelings with curiosity, observing rather than simply reacting to them.

The bottom line

Very few thinking styles are always beneficial or always harmful. The key is flexibility, not rigidity. This means regularly asking yourself, "Is that thought helpful?" and choosing the approach best suited to your situation.

And if that approach involves positive self-talk, try to use compassion and understanding – not just upbeat slogans.

(By Madeleine Fraser, Australian Catholic University, The Conversation)

MIRRORLIGHTS

Heart health revolution as one-time gene therapy cuts bad cholesterol levels

Scientists are testing a gene-editing treatment that could provide a one-off solution for high cholesterol and reduce the risk of heart disease.

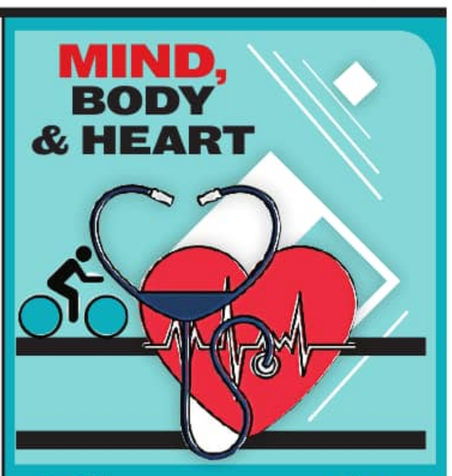
The research is still at an early stage and has been trialled in only a few dozen people. However, two companies report promising results, suggesting that switching off specific genes may significantly lower LDL ("bad") cholesterol — a major cause of heart attacks and strokes.

Dr Luke Laffin of the Cleveland Clinic said interest surged after publication of early findings in the New England Journal of Medicine. Cardiovascular disease remains the world's leading cause of death, and while statins help millions, many patients struggle with side effects or fail to lower cholesterol sufficiently.

Scientists have identified naturally occurring genetic mutations that keep cholesterol unusually low. Genes such as ANGPTL3 and PCSK9 play a key role in regulating LDL levels. Using CRISPR gene-editing technology, researchers aim to switch off these genes in high-risk patients.

In one small study, participants receiving a single infusion saw LDL levels fall by around 50 per cent within weeks. Similar early results have been reported for PCSK9-targeted treatments.

Experts caution that gene editing is permanent, and long-term safety data are limited. Larger and longer trials are needed to assess potential risks, including unintended genetic changes or liver inflammation. For now, lifestyle changes, blood pressure control and cholesterol-lowering medicines remain the cornerstone of prevention. —AP



All you need to know about...

Aromatic balance

In today's fast-paced world, where stress and emotional fatigue are common, taking time to centre yourself is essential. Aromatherapy offers a simple start. Because scent connects directly to the brain's limbic system which regulates emotions, memory and mood certain fragrances can instantly calm or uplift you.

Rose: For nurturing emotional balance
Rose essential oil is associated with self-love and emotional healing. Its soft, comforting aroma helps ease anxiety and feelings of overwhelm.
When you feel disconnected or drained, rose gently restores balance.
Pro tip: Use during emotional stress or self-doubt.
Quick ritual: Add a drop to your moisturiser or diffuse during quiet moments.

Sandalwood: For creating inner calm Sandalwood is grounding and stabilising. Its warm, woody fragrance slows racing thoughts and helps you feel centred. It is ideal for unwinding in the evening.
Pro tip: Perfect for meditation or bedtime.
Quick ritual: Diffuse before sleep or apply a diluted drop to pulse points.

Jasmine: For building confidence from within Jasmine enhances confidence and positivity. It reduces nervousness and encourages emotional openness, making it useful before social interactions or important occasions.
Pro tip: Use when you need an emotional boost.
Quick ritual: Inhale gently or diffuse while getting ready.

Basil: Mental clarity & focus Basil supports alertness and memory. It is excellent for days when your mind feels cluttered.

Pro tip: Ideal during work or study hours.
Quick ritual: Diffuse during the day or inhale for a quick refresh. —Femina

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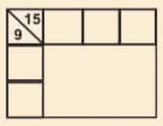
@BangaloreMirror

SOLVE IT IN A MINUTE

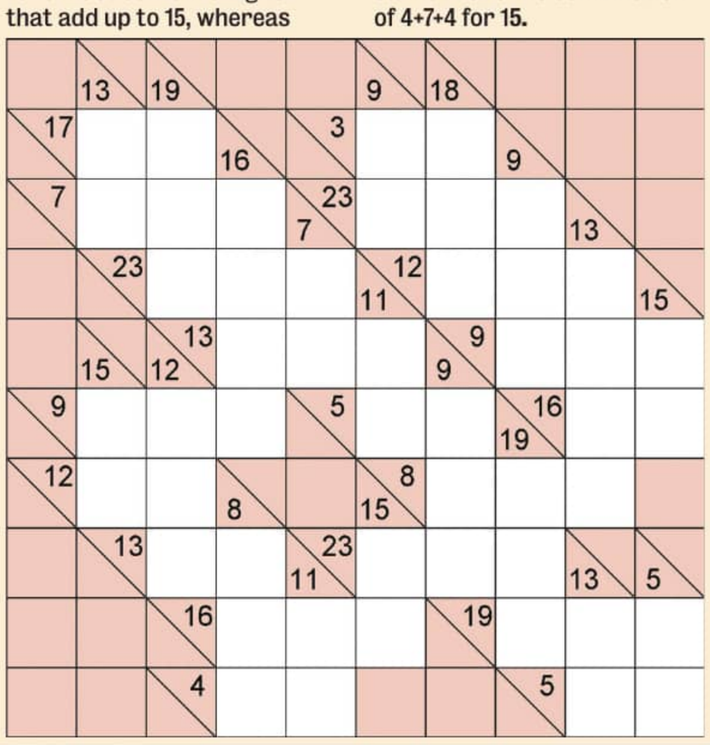
Find the sum of multiples of 13 between 1 to 1000.

Kakuro

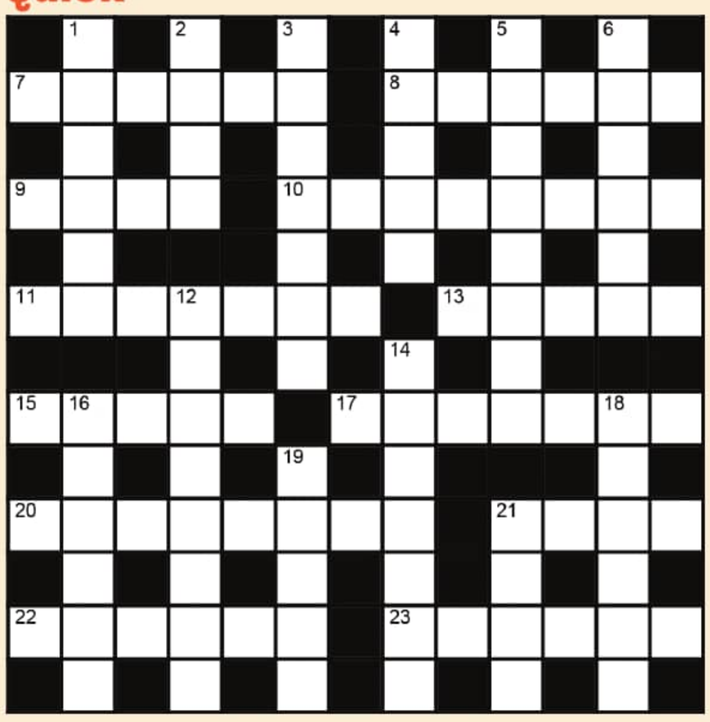
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

7 A light boat (6)
8 A perpetually reiterated list (6)
9 Jittery (4)
10 Sky ___ : rose very steeply? (8)
11 Bishop's jurisdiction (7)
13 Untidy or dirty (5)
15 Moving (5)
17 Poolside kiosks (7)
20 Reducing (8)
21 Tiny particle (4)
22 Red silicate mineral used as a gem (6)
23 Tennis star Bhupathi (6)

DOWN

1 Father of the Nation (6)
2 Dispute or oppose (4)
3 Sugar obtained from sugar-cane or sugar-beet (7)
4 Banjo maestro Bela ___ (5)
5 And so on (2,6)
6 Implanted items (6)
12 Dostoevski's ___ ____ Punishment (5,3)
14 Where three rivers meet in Karnataka (7)
16 __ __ nothing : be ruthless? (4,2)
18 Wake or stir up (6)
19 Narrow sea arm (5)
21 Paler than pale (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: O EQUALS P

CVYYB PX EXG KWE CVYY ZWSTGB. OQXOYQ PX.

Linemaro

There is a side view, a rear view and what? Iloview

Mind chow

Be grateful to whoever comes because each comes as a guide from beyond

Joke of the day

One of the greatest unsolved riddles of restaurant eating is that the customer usually gets faster service when the restaurant is crowded than when it is half empty; it seems that the less the staff has to do, the slower they do it

Loop

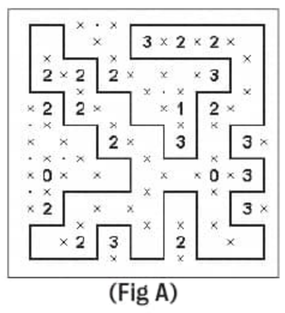
Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.

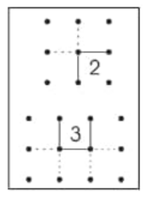
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

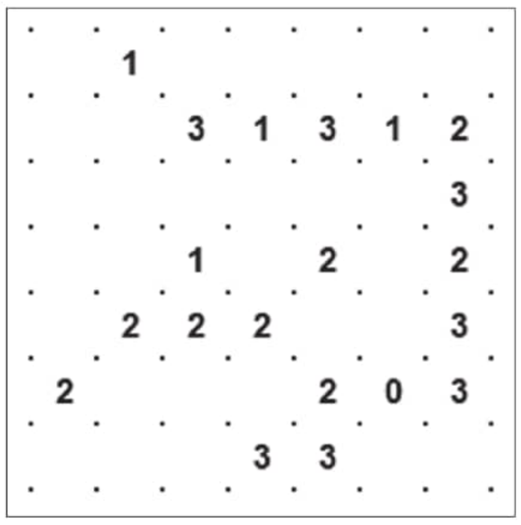
Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



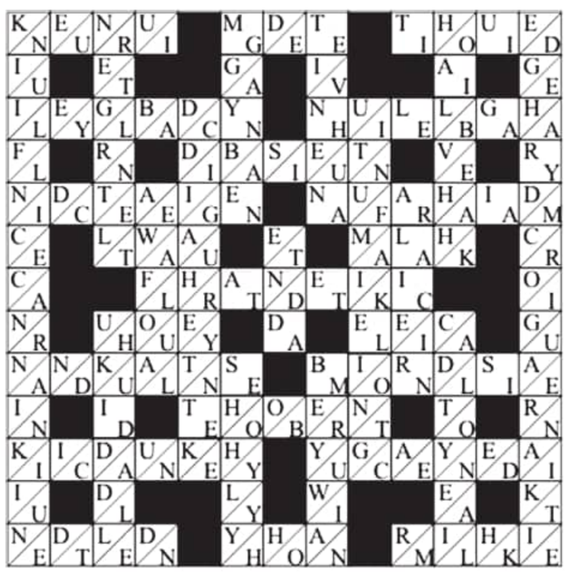
(Fig A)



(Fig B) Not Allowed



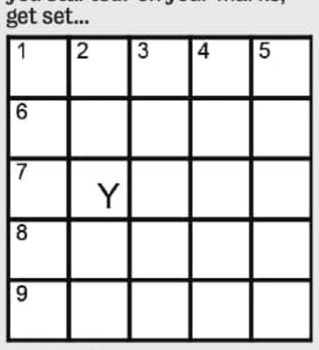
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

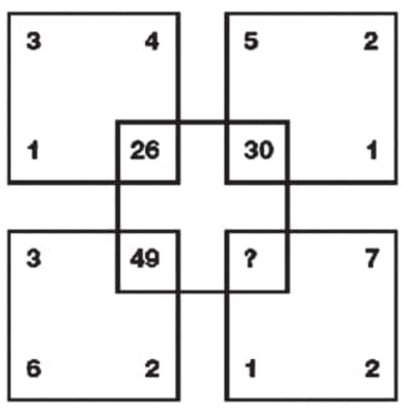
1 R rear; 6 Medea;
7 Y cess; 8 Notae;
9 Dawns

DOWN

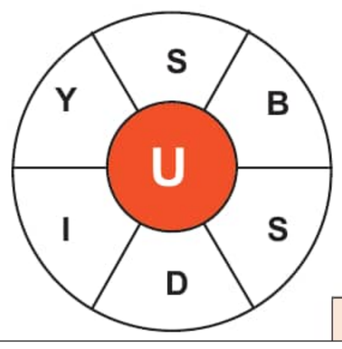
1 Wears; 2 At day;
3 Crone; 4 Me den;
5 Sears

Mensapuzzle

Which number replaces the question mark?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

02 Average; 03 Good; 04 Outstanding

SudokuChallenge

	4			6				3
	8		9					
6				2	4	8	7	
8					7	9	4	
			1		2			
	1	5	8					6
	7	9	2	1				8
					5		9	
5				8			3	

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

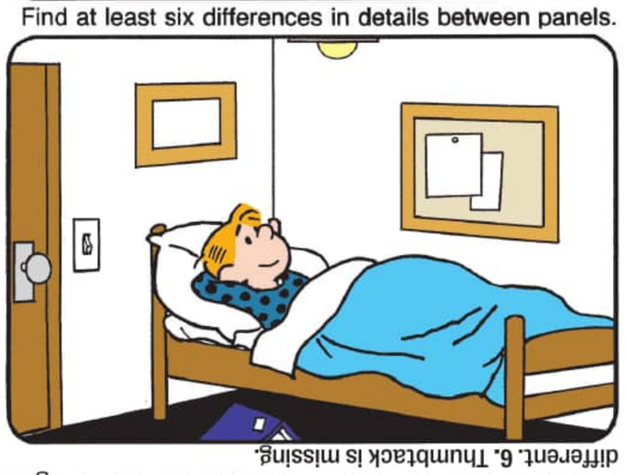
Easy = 3
3 6 8 8

Medium = 2
2 6 8 8

Hard = 15
1 3 5 6

Hocusfocus

Find at least six differences in details between panels.



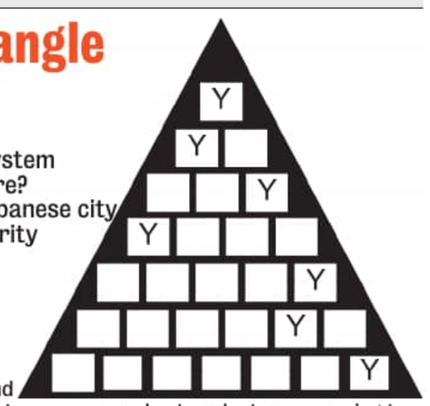
Differences: 1. Leg of bed is thicker. 2. Arm is not showing. 3. Bulletin board is smaller. 4. Mattress is thicker. 5. Light is different. 6. Thumbtack is missing.

Riddler

If the sun were to wax and to wane like the moon, In the sky overhead, you could see me at noon. But it's good I'm no ghost and instead am quite real; Because for most folks I do hold some appeal. When I am at hand you might give me some lip. When down near your feet, I help you take a trip. But mortal I am, yes I share in that plight; And lo as I die, I turn dark as the night. What am I?

Alpha triangle

1 Second last letter
2 Yes, slang
3 Merry or happy
4 Indian exercise system
5 Torment or torture?
6 Fourth largest Japanese city
7 Likeness or similarity



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Popeye

JAIL THE MALE!
GULP! OLIVE HAS A BIG HEART! SHE HAS ORGANIZED THE WOMEN AGAINST THEIR KING!
HOORAY FOR OUR LEADER!
SHE IS TRYIN' TO GET ME OUTA JAIL!
5-19
popeye.com
MISTER POPEYE...THE KING WISHES TO SEE YOU!!
HE WANTS TO DISCUSS A NATIONAL DISASTER WITH YOU!!
ME?
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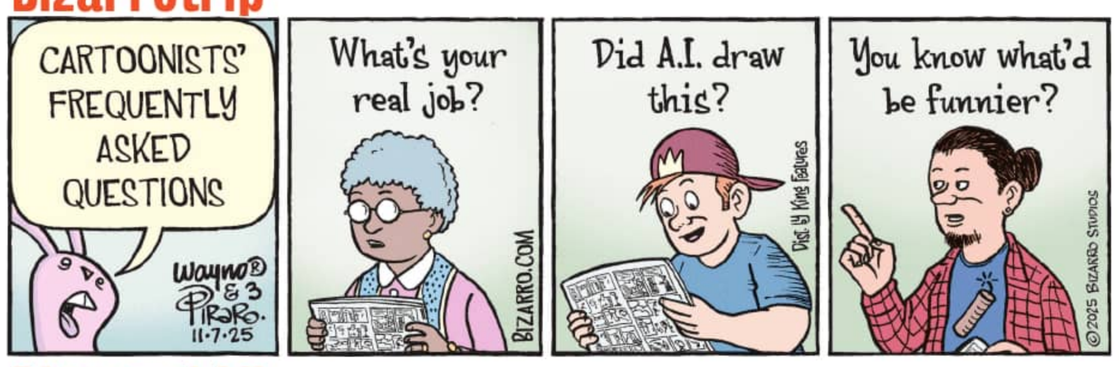
Bizarrotrip



Diamond Lil

DID YOU SEE IDA MAE FLOUNCE AT THE FUNERAL TODAY? SHE LOOKED AWFUL!
I THINK YOU SHOULD CUT HER SOME SLACK, LIL...
WHY?!
©2014 creators.com 11/7
IT WAS HER FUNERAL
WOULD IT HAVE KILLED HER TO HAVE USED A LITTLE ROUGE?
www.creators.com

Hart of the city

LOOK! IT'S 3:01! YOU DIDN'T SEND A CHAIN LETTER, AND YOU SURVIVED!
3:01
WOW! THIS REALLY HAD NO POWER OVER ME!
SOME THINGS ARE JUST SILLY KID PRANKS.
LET'S GO HOME. I'LL WALK WITH YOU.
OH, DON'T STEP ON A CRACK, OR YOU'LL BREAK YOUR MOTHER'S BACK.
WHAT?!
HEART OF THE CITY © 2025 ANDREWS MCMEEL
@COMICS.COM/HEARTOFTHECITY

Crankshaft

YOU RETIRED FROM ONE COMIC STRIP, SO WHY ARE YOU STILL DOING THAT 'WRINKLES' STRIP?
The Wrinkles
Featuring Grandpa Wrinkles
by BATTON THOMAS
WELL, WHEN YOU'VE ALWAYS DREAMED OF DOING A COMIC STRIP, AND YOU'RE LUCKY ENOUGH FOR THAT TO HAPPEN...
11-7
YOU OWE IT TO YOUR GOOD FORTUNE AND YOUR READERS TO STAY THE COURSE AND DO THE JOB...
THAT AND THE MONEY!
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BATIUK & DAVIS tombatiuk.com/books

Mutts

WRITTEN IN THE STARS

Dr SUNDEEP KOCHAR

If it's your birthday today

Today's eclipse triggers a powerful year of destiny and change. Career shifts are sudden but ultimately lead to greater freedom. Love undergoes a transformation, emphasizing authenticity and shared dreams. Domestic life may be briefly unsettled but settles into a better rhythm. Travel to spiritual or quiet locations is highly beneficial. Your financial intuition is sharp; trust your gut.

Aries Mar 21 – Apr 20
Today brings a surge of energy perfect for tackling new challenges. Your proactive approach will lead to impressive results, so move forward with courage and trust in your remarkable abilities.

Leo Jul 24 – Aug 23
Your generosity of spirit makes a positive impact on others today. By sharing your time and talents, you will experience a deep sense of satisfaction and build very strong connections.

Sagittarius Nov 23 – Dec 22
Adventure calls to you today, encouraging you to step outside your comfort zone. Embracing new experiences with an open mind will lead to exciting discoveries and a renewed sense of excitment.

Taurus Apr 21 – May 20
Seek comfort in your favourite activities today to recharge your spirit. Taking time for yourself ensures you maintain the inner peace necessary to handle your daily responsibilities with total grace.

Virgo Aug 24 – Sep 23
Attention to detail pays off today as you finalize a major project. Your dedication to excellence is noticed and appreciated, paving the way for future recognition and professional career growth.

Capricorn Dec 23 – Jan 20
Financial wisdom guides your decisions today, ensuring your long-term prosperity. By staying grounded and focused on your goals, you are creating a secure and successful future for yourself and family.

Gemini May 21 – Jun 21
Intellectual curiosity leads you to fascinating new discoveries today. Engage in deep learning or thoughtful conversations to expand your mind and gain valuable insights that will benefit your future path.

Libra Sep 24 – Oct 22
Balance your social life with moments of quiet reflection today. Finding this equilibrium allows you to enjoy the company of others while staying connected to your own inner peaceful wisdom.

Aquarius Jan 21 – Feb 19
Your social network provides valuable support today. Reach out to friends and colleagues to share your ideas, as collaboration will lead to innovative solutions and a great sense of community.

Cancer Jun 22 – July 23
Trust the universe to provide exactly what you need today. By maintaining a positive outlook, you will find that doors open easily, leading you toward the happiness and security today.

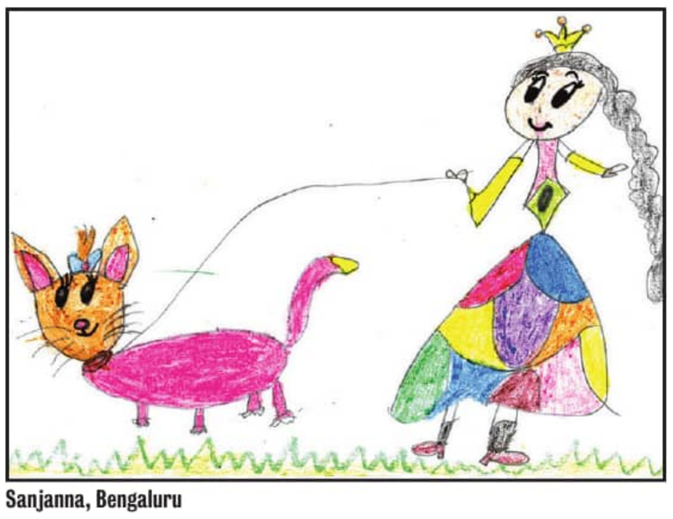
Scorpio Oct 23 – Nov 22
Your focus is unwavering today, allowing you to achieve great things. Stay dedicated to your goals, and you will find that your persistence leads to the successful outcomes you desire.

Pisces Feb 20 – Mar 20
Compassion for yourself and others brings deep peace today. By practicing kindness, you create a harmonious environment that supports your emotional well-being and helps you grow into your best today.

www.sundeepkochar.com

KIDZONE

Anjali, Bengaluru



Sanjanna, Bengaluru

Kidzone, Bangalore Mirror, No. 74/2, Sanjana Plaza, 4th & 5th Floor, Elephant Rock Road, Jayanagar 3rd block, Bengaluru-560 011;
Please send hard copies of your artwork in A4 size only.

SOLUTIONS

RIDDLER A banana

SOLVE IN 1M
13,26,39,...,988
a=13
L=988
n=76
d=13
Sum= n(a+L)/2
=76(13+988)/2
=38×1001
=38038

BULL'S EYE
buss, busy, SUBSIDY, sudsy

FAST FIVE

R	A	R	E	R
E	D	E	M	A
S	Y	C	E	S
A	T	O	N	E
W	A	N	D	S

STRIKE OUT

K	U	R	U	M	E	T	T	H	U	D
I	E	A	I	L	I	T	A	N	E	
L	E	G	A	C	Y	N	U	L	A	H
L	R	I	B	S	E	N	V	Y		
I	C	E	A	G	E	A	F	R	A	I	D
	T	W	A	E	A	A	H	R		
C		F	R	A	N	T	I	C	O	
R	H	U	E	D	L	E	A	G		
A	D	U	L	T	S	B	I	R	D	I	E
N	D	T	H	O	R	N	O	N		
K	I	D	N	E	Y	U	G	A	N	D	A
I	L	L	I	A	T					
E	D	E	N	Y	O	N	M	I	K	E

QUICK

										T
								D		G
							H		A	R
							O		R	N
							T		E	T
									M	A
									A	S
									R	
									S	
									E	

MENSA PUZZLE
54. For each box, the number enclosed by the central box equals the sum of the squares of the other three numbers.

QUOTE UNCODE
Bulls do not win bull fights. People do.

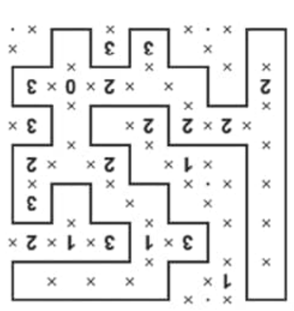
SUDOKU

9	4	7	5	6	8	2	1	3
2	8	3	9	7	1	5	6	4
6	5	1	3	2	4	8	7	9
8	3	2	6	5	7	9	4	1
7	9	6	1	4	2	3	8	5
4	1	5	8	9	3	7	2	6
3	7	9	2	1	6	4	5	8
1	2	8	4	3	5	6	9	7
5	6	4	7	8	9	1	3	2

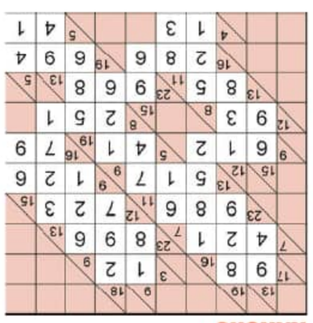
ALPHA TRIANGLE
Agony, Nagoya, Yoga, Ya, Gay, Analogy.

GO FIGURE
8 + 6 − 3 − 8 = 3
Easy
8 + 6 + 2 / 8 = 2
Medium
6 / 3 + 1 × 5 = 15
Hard

LOOP



KAKURO



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 # Cine glory Assamese film 'Adi Shakti' sweeps top honours; triple win at Global Cine Confluence 2026

It's privacy over publicity for Sobhita

Sobhita Dhulipala opens up about rejecting PR and not wanting constant visibility

Sobhita Dhulipala is making her comeback to Telugu films with 'Cheekatilo' and talks about her journey, her choices, and why she likes to stay away from too much publicity in Bollywood.

Reconnecting with her Telugu roots

The actress shared that stepping back into authentic Telugu narratives felt instinctive, not planned. Speaking to Hindustan Times, she said that when she signed the project, she didn't think too deeply about it since she is deeply connected to Telugu cinema as an audience and consumer. But when she started performing, the experience felt so effortless and smooth that she truly enjoyed it.

Rejecting constant publicity

Sobhita firmly stated that constant publicity doesn't match her values or lifestyle. "Over the past few years, in brief pockets here and there, I've worked with a PR form, but I think for my personality or the kind of choices I'm keen on making for the kind of life I want to lead, I've decided that I'm not going to require this sort of amplification. I don't want to be visible 24×7 or I don't want to be spoken about all the time. That's not my interest, I don't find it useful for me," she said.

Personal choice

She clarified that avoiding PR is her own preference, not a critique of industry peers. "I don't work with PR, but maybe it works for someone else. There's no fixed rule with this thing. You can only have your preferences and I think I have clarity about my own." **—ETimes**

Rajkummar addresses rumours about his looks

Rajkummar Rao was recently seen at the Bolti Khidkiyaan Short Film Festival in Mumbai. His new look caught everyone's attention and made fans worry about his health. Many noticed changes in his hair and appearance, which led to much talk on social media. Rajkummar later explained that he gained around 9–10 kilos for his role in the Ujjwal Nikam biopic. He said the film's shoot is over, and he is now preparing for the Sourav Ganguly biopic, for which he needs to lose the extra weight.

On February 16, Rajkummar addressed the buzz around his changed appearance by posting on Instagram. He said, "My being is through my Art. Just finished shooting for my next Biopic #NIKAM and yes, it has demanded me to change physically which I love doing. I'm not a believer in prosthetics as long as I can achieve the look through my hard work which I've achieved in Nikam, be it gaining weight or looking old (to play a certain age) or to make my hair thin which my hair stylist was very much against.." **—ETimes**

New hair, new energy

Actress Kriti Sanon was seen flaunting her new haircut in her latest social media post, terming it as 'her kind of therapy'. Kriti looked absolutely adorable and pretty in a layered cut with bangs. While it is not certain if this new haircut is for a particular project or just to break the monotony, the new style looks absolutely stunning on the 'Tere Ishq Mein' actress. Posting a couple of goofy clicks in her new hairdo, Kriti penned the caption, "A good Haircut is my kinda therapy! It's an instant reset, mood uplift & new energy! (sic)"

On the professional front, Kriti recently concluded the shoot for her upcoming sequel 'Cocktail 2', co-starring Shahid Kapoor and Rashmika Mandanna. Made under the direction of Homi Adajania, the project has been backed by Dinesh Vijan's Maddock Films. **—ETimes**

15 years of togetherness

Lara Dutta marked 15 years of togetherness with former tennis star Mahesh Bhupathi, on Sunday with a touching social media post. The couple, who got married in 2011, have a daughter together. Lara shared moments from their journey and expressed gratitude for their bond in her anniversary post.

What she posted

Lara chose a playful yet emotional tone to describe their relationship. She compared their personalities to fire and air, hinting at how their contrasting natures somehow complement each other. Alongside affectionate photos, she wrote, "15 years of Fire (ME) + Air (HIM) = me starting the flames, him fanning them ferociously … and somehow we haven't burned the house down…….. yet!!!" **—ETimes**

SANDALWOOD SHOTS

Y MAHESWARA REDDY

Ready for release

The bilingual film Shesha 2016, made in Kannada and Malayalam, is set to release on March 6. Centered on rampant corruption within the police department and its impact on the public, the movie marks the directorial debut of Pradeep Arasikere under the Marigudda Entertainments banner, backed by Umesh Gowda, Manjuvani VS, and Veena S. The poster announcing the release date was unveiled by Assistant Commissioner of Police Ganesh and Karnataka State Police Complaints Authority Member Mohan Kumar Danappa, who extended their best wishes to the cast and crew.

Speaking on the occasion, ACP Ganesh said that he heard the story of the movie when the director invited him for the poster launch event. "Police are depicted negatively in most of the movies. However, the movie Shesha 2016 showcases honest police officers. The need of the hour is to make good movies to create awareness among the public," the ACP said.

Mohan Kumar Danappa said, "I watch Kannada movies along with my family. I want moviegoers to encourage good Kannada movies."

Director Pradeep Arasikere said the movie belongs to the fiction genre.

Horror flick

Actress Samhita Vinya, who made her Sandalwood debut with the Kannada film Haalu Thuppa in 2017, is gearing up for the release of her upcoming horror movie Mixing Preethi. Scheduled to hit screens on February 20, the film has been shot in both Kannada and Tamil, though only the Kannada version is set for release. Vinya plays the lead role, with the 20-day shoot taking place at a resort near Pollachi in Tamil Nadu.

"The director told us to come to the resort like holidaymakers. Initially, we were comfortable at the resort but later, after coming to know about a few people ending life by suicide at the resort, I felt horror at night. There have been occasions where I woke up at midnight. Horror incidents that took place at the resort made most of us feel scared and unsafe during our stay at the resort. Major portion of the filming was held at night," said Vinya.

Vinya said the movie is about three friends who visit a resort and the problems they face during their stay. "The hero plays a YouTuber and I accompany him to the resort. The climax of the movie is how the three friends come out of the resort," said Vinya.

The movie features Sinto Jacob, Samhita Vinya, Priya Pavan, Divya, and Jasmitha.